

**ALPINE SKI TOURING 10 DAYS TRIP**



## OUR TRIP

Lake District in Chile have a wide alternative for ski (ski touring) in winter and spring (from July to October). Ski touring in this area is best way to reach lonely places to contemplate fantastic panoramic composed by forest, lakes and volcanoes. In our trip we choose several places where you can enjoy about Lake District.

This trip is designed for those people who like good exercise, ski in remote hills and enjoying nice places, where also we can relax after each ski day several places with thermal waters along our trip and also cozy refuges

## PROGRAM

### Day 1: Temuco - Antuco.

Arrival to Temuco flight or arrival to Los Angeles by bus. Pick up and drive to Antuco Volcano. Lodging in a cabin. Dinner.



### Day 2: Antuco Volcano (2,985m.)

Total ascent from ski area 1.490m. Ascent by South-East side. Descend by north side.

Short drive to Antuco ski area. Randonee Antuco volcano. Along uphill we contemplate a great view of Lago Laja (Laja lake). Ski down and return to our cabin in Antucalhue, pick up our things and drive to Lonquimay. At Posada del Rio Lodge. Dinner.

**Trail food on ski touring days:** Sandwich, peanuts, dried juice, candies, peanuts, cereals bars, fruit, small juice box, chocolate bar, biscuits, cheese, salami.



### Day 3: Lonquimay Volcano (2,800m)

Total ascent from ski area 1.200m. Short drive to Corralco ski area. Climb Lonquimay volcano, total ascent gain 1,200m. contemplate our first great panoramic of Lake District, Tolhuaca volcano, Llaima and more. Amazing downhill in a wide area of this volcano. Back to our mountain refuge. Visit spa Malalcahuello hot spring to enjoy relaxing hot thermal water. Dinner.



**Day 4: Llaima Volcano (3.100m.)**

Total ascent gain 1.700m.  
Ascent by north side. Descend by west side.  
Breakfast in the morning. Early drive to **Laguna Captren** at Congullio Park. From here we start our ski up to Llaima Summit crater. It's a long traverse, but even if do not have enough time to reach this summit Llaima offer us a great ski. Downhill through west side of the volcano towards Araucarias Saki area. Arrival at our refuge. Dinner.



**Day 5: Llaima - Pucon.**

Breakfast. Transfer to village of Pucon. Along the road we will visit Villarrica village. lodging in a hostel in town. Dinner not included.



**Day 6: Villarrica Volcan (2840m.)**

Total ascent gain from ski area 1.600m.  
Ascent by north side. Descend by south-east side. (hot spring)  
Breakfast in the morning. Arrival at ski area of this volcano with a great view of Villarrica lake. We will go up hill in our skies until the crater of this active volcano at 2,840m. From here is possible to see lava flows into the crater. After that, perfect ski downhill until Geometricas hot spring. By this route we need to walk for 40 minutes through a forest before arrive at hot spring. Rest at thermal water and drive to Panguipulli Lake. Hotel.



**Day 7: Ascent Mocho volcano.**

Total ascent gain: 1,000m.  
Ascent by east side. Descend by west side.  
Breakfast. Transfer to Huilo Huilo. From here we will start our ski toward summit at 2,400m. ski down to Panguipulli lake in front of us. Back to Panguipulli cabin. Rest and dinner.



**Day 8: Panguipulli - Osorno.**

Transfer from Panguipulli to Osorno refuge. On the road we will visit Panguipulli village and Puerto Varas city, located besides Llanquihue lake. Arrival at our refuge. Rest and dinner.



**Day 9: Osorno Volcano (2.660m.).**

Total ascent 1.700m.

Breakfast. Before sunset, we leave refuge and start our climb. This is the most technical volcano of all trip, most probably we will need to use our ski crampons from second half ascent until near of volcano top. Last section we need to climb without skis and we use just our ski boot with crampons. Our guide will fix a rope for this last section until arrive at this snow covered crater. Descend by same face of this volcano until refuge. Transfer to Puerto Varas. Dinner not included.



**Day 10: Drive back to Santiago.**

Back to Santiago by plane or bus.  
End of services

**Trail food on ski touring days:** Sandwich, peanuts, dried juice, candies, peanuts, cereals bars, fruit, mineral water, chocolate bar, biscuits, cheese and hot chocolate or tea.

**Trip include:**

- Bilingual mountain/ski touring Guide
- One lodging night at Antucalhue (Antuco) with breakfast and dinner.
- Two Hostel nights at Posada del Rio Lodge (Lonquimay) with breakfast and dinner
- One refuge night at Las Araucarias with breakfast and dinner (Llaima)
- One hotel night at Pucon (Villarrica) with breakfast (Double occupancy)
- Two nights in Panguipulli lake with breakfast and dinner
- One Refuge night at Osorno with breakfast and dinner
- One Hotel night at Puerto Varas with breakfast and dinner
- All private ground transportation
- Box lunch in ski days
- Radio communication UHF and VHF
- First aid kit
- Entrance Geometricas hot spring



**Does not include:**

- Internal flights.
- All personal ski touring equipment (available for rent skis, boots and poles)
- Accident and rescue insurance
- Cash for extra expenses
- Extra meals during the ski touring
- Dinners in Santiago, Pucon and Puerto Varas.
- Backcountry safety gear, transceiver (A.r.v.a), shovel, probe.



## PERSONAL EQUIPMENT

**Ski Boots** - Randonnée or Telemark.

- **Randonnée** - There are a range of good boots on the market. Generally, the lighter boots are more comfortable for walking, while the heavier boots are not quite so comfortable but provide better skiing control. Garmont, Dynafit, Lowa and Scarpa seem to be the most popular brands these days. Most, if not all, of these companies have models specifically designed to fit women.
- **Telemark** - Scarpa, Crispi, Garmont are all excellent. If you use telemark gear be sure your boot crampons can be fitted to your boots.

**Socks** - Generally you will want to fit your boots with one medium sock, or perhaps a liner sock and a medium sock. If your boots are too loose you will lose skiing control. Bring a spare change.

**Pants** - Made of a waterproof/breathable material, your lightweight shell bottoms should have full or hip-length side zips. This garment should be extremely lightweight and packable. A zipper fly is a nice optional luxury. Good pants are versatile, offering protection from bad weather and wind but are not too hot when the sun shines.

Most of the time we like to wear a light stretch synthetic pant with a hard finish. Excellent examples of this type of pant are made by Patagonia, (Super Guide Pant) These pants can generally cover the tops of the boots (so you don't need gaiters) are not too warm when it's hot out, and have a good hard finish for wind resistance.

**Snow/Wind Jacket** - For ski tours we have been moving away from truly water proof fabrics and using water repellent windproof finish fabrics commonly called "soft shell" in the latest marketing hype. Also Gore-Tex and other wind proof layers are welcomed.

**Long Underwear Tops** - Very light synthetic or wool.

**Long Underwear Bottoms** Optional just if days are really cold or for rest into our refuge.

**Light fleece shirt** - Something about the weight of Polartec 100, (heavy synthetic underwear).

**Light weight second layer** - Light is right. Some of the new new, very light down sweaters (some even with hoods!) are perfect.

**Light weight T-shirt** - We like to bring a light and comfortable shirt to change once we get to the huts. It is nice to get out of your sweaty long underwear tops.

**Thin Gloves** - Most of the time you will be comfortable with a pair of simple "WindStopper" gloves.

**Warmer gloves** - When the temperature drops you will want a somewhat warmer pair of gloves. The best solution is a very light pair of nylon insulated ski gloves. The Marmot Randonnée glove is a good example. Gloves made for climbing or with much leather are generally too heavy. Mittens are not recommended.

**Ear band** -

**Warm Hat or Balaclava** -

**Neck Gaiter** - We use a "Buff". Its a light stretchy tube you can wear in at least a dozen different ways.

**Sun hat** - A baseball cap works well. This is also useful in keeping snow off your face when it is coming more or less straight do.



**Technical equipment and climbing gear.**

- Skis
- Ski Brakes
- Ski crampons
- Ice Axe- Light is most definitely right
- Boot Crampons
- Climbing Harness
- Locking Carabiner
- Avalanche Transceiver
- Shovel
- Probe
- Pack from 35L. to 60L.
- Water bottle or Thermos
- Head lamp
- Pocket knife.
- Repair kit
- Blister kit
- Sun Glasses
- Ski Goggles
- Sunscreen
- Duffel



If you need more information, please contact us. Also, if you would like to receive a brochure of our company, please let me know your post address to send it.

Best regards,

**Pedro Marzolo**

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